


CLAIMS

What is claimed is:

- 5           1.       A training pad apparatus comprising: 
- a training pad;
- a training pad arm connected to said training pad; and
- a pivot assembly connected to said training pad arm, said pivot assembly
- comprising:
- 10                       an elongated elastic member providing a resisting force in a plane
- approximately orthogonal to the length of said training pad arm; and
- a pivotal connection member pivotally connected to said training pad
- arm.
- 15           2.       The training pad apparatus of claim 1 wherein said pivotal connection member comprises
- a member selected from the group consisting of U-shaped members, circular members, U-joint
- combinations, ball and socket configurations, and pin configurations.
- 20           3.       The training pad apparatus of claim 1 further comprising an enclosure for securing said
- pivot assembly in a fixed position.
4.       The training pad apparatus of claim 3 wherein said enclosure comprises an interior and
- exterior, said pivot assembly secured within said interior of said enclosure.
- 25           5.       The training pad apparatus of claim 3 wherein said enclosure defines an opening through
- which said training pad arm extends.

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6. The training pad apparatus of claim 5 wherein said opening comprises an elongated slot.

7. The training pad apparatus of claim 4 wherein said enclosure comprises a mounting member on an interior surface of said enclosure for receiving an end of said elastic member to secure an end of said elastic member in an approximately fixed position.

8. The training pad apparatus of claim 1 wherein said elastic member extends around said training pad arm at an approximate midpoint of said elastic member forming said elastic member into an approximate V-shape.

9. The training pad apparatus of claim 8 wherein said V-shaped elastic member defines a plane approximately orthogonal to the length of said training pad arm.

10. The training pad apparatus of claim 3 wherein said enclosure comprises a wall mount for securing said training pad apparatus to a surface.

11. The training pad apparatus of claim 3 further comprising:  
a positioning pole slidably engaged with said enclosure for positioning said enclosure at a selected position along said positioning pole; and  
a positioner for fixing said enclosure at a position along said positioning pole.

12. A method of providing a striking surface for training, the method comprising the steps of:  
providing a striking pad connected to a pad arm;  
pivoting an end of the pad arm opposite the striking pad about a pivotal connection member in response to a strike; and  
resisting movement of the pad arm with an elastic member extending around the pad arm.

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13. The method of claim 12 further comprising the step of enclosing the pivotal connection member and elastic member in an enclosure.

5 14. The method of claim 13 further comprising mounting the enclosure to a secure surface.

15. The method of claim 13 further comprising the step of positioning the enclosure along a positioning pole.

10 16. A method of providing follow-through striking, the method comprising the steps of:  
striking a training pad;  
pivoting a training pad arm connected to the training pad;  
resisting the pivoting movement of the training pad arm;  
resetting the training pad to the original pre-strike position; and  
15 limiting oscillations during resetting.

17. The method of claim 16 wherein the steps of resisting the pivoting movement, resetting the training pad, and limiting oscillations comprise:

20 wrapping a pair of opposing elongated elastic members around the training pad  
arm; and  
fixing the position of the ends of the elastic members.